

# SEVEN ATTITUDES OF MINDFULNESS

**Being Non-judgmental-** Is the heart of mindfulness 'Just Notice' thoughts, emotions, or what surfaces, don't react-**SIT WITH IT-** be with it in a spirit of non-judgment

**Patience-** **With ourselves and others.** Patience teaches us how to wait with grace. Love yourself the way you are.

**Beginner's Mind-** **Approaching each new task with an open mind.** Think of the sense of wonder a child sees.

**Non-striving-** Think, Feel, or Act with focus on the process, not just the outcome. Allow **whatever happens to happen.** Don't try so hard to make it happen.

**Attitude of Trust in the Process-** "Life is about the journey, not the destination," **Believe in a Higher Self or Source. It will happen when it is Supposed to Happen.**

**Acceptance-** An internalized attitude of "**It is, what it is.**" Allow... No matter how harsh or unpleasant it may be

**Attitude of Letting Go-** Release one's "grip" on a situation, emotion, person, or outcome. This can clear the path for wellness and growth in a freeing response.

Kabat-Zinn found that these 7 Attitudes support overall wellness. By internalizing them, a variety of other attitudes can flow into our lives, **Outcomes of Gratitude, Confidence, Happiness, Harmony, Non-reactivity, and Creativity.** **JWilliams 5/21**